

# United Diocese of Moray, Ross & Caithness

## Diocesan Newsletter No 7

### September & October 2019



Dear Friends

I am writing this at Arpafeelie and it is lovely to be here with a little bit of time to look at the way that the seasons are changing, the first glimpses of Autumn on the trees, the arrival of sheep back into the neighbouring field and last night we lit our first fire for many months.

I love Autumn and I am thankful that I am able to travel around this beautiful diocese and how these seasonal changes bring fresh colour to the view.

This year though we are confronted by the very difficult political situation in the country, we are very aware of dangers and difficulties across the world and we are increasingly concerned for the changes that we have caused in the environment around us.

The questions of Should I light that fire? Should we change our car? How better could we heat our churches? These questions and more need to be addressed by the Church if we are to continue as stewards of God's Creation. Please remember this as we approach our harvest festivals. How can we best care for the world, for the nations and for the country's relationship with others. We can't just keep taking we must be prepared to give back something for the benefit of this world.

Blessings

+MacR Moray: Pionus

## From the Bishop's Diary...

Sunday 1 <sup>st</sup> September:	Kishorn in the morning; Inverness Cathedral for Choral Evensong
Sunday 8 <sup>th</sup> September:	Strathnairn
Sunday 15 <sup>th</sup> September:	Nostie
Sunday 22 <sup>nd</sup> September:	TBC
Sunday 29 <sup>th</sup> September:	St Michael's Dufftown
Sunday 6 <sup>th</sup> October:	Visit from Bishop Bruce
Sunday 13 <sup>th</sup> October:	Inverness Cathedral
Sunday 20 <sup>th</sup> October:	Holiday
Sunday 27 <sup>th</sup> October:	Glasgow



## 90 KG RICE CHALLENGE

It is 10 years since a partnership between Just Trading Scotland and the rice farmers of Karonga in Malawi was established. For rice farmers in Malawi getting a fair price for their rice cannot be taken for granted; there are vendors who go around with dodgy scales exploiting farmers who live remote from the main markets. Through JTS' partnership with the farmers they ensure the a fair price and enable them to invest in equipment in order to work their way out of poverty, such as a plough, oxen to pull it, fertilisers, a bicycle, money for medicines and school fees. By buying this rice you are giving choices to Malawi farmers and making possible growth and development – rewarding the labour that farmers put in to producing it and helping them build a better future for their children.

In Malawi primary education is free but secondary school is not and is often too expensive for the majority of the population to afford, so only one in three children attend. Selling 90 Kg of Kilombero rice enables a farmer to send their child to secondary school for a year.

We have purchased 90Kg of rice at St. Ninian's, Invergordon and it is being sold at a cost of £3.50 per kilo. Any donations will be passed on to Just Trading Scotland to help provide equipment and pay for school bursaries. For further details and to order rice please contact Val Dunford on [valandpipdunford@gmail.com](mailto:valandpipdunford@gmail.com) or you can log on to the [www.jts.co.uk/Rice](http://www.jts.co.uk/Rice) Challenge.



# Services & Events from around the Diocese

## **St Michael Dufftown**

There's a regular monthly Holy Communion Service on the 3rd Sunday of each month at 3:00pm.

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## **Inverness Cathedral**

Sunday 1<sup>st</sup> September- 1500 Celebration Choral Evensong for 150years of worship at the Cathedral- All Welcome. More details to follow with regards to refreshments etc. Do keep this date free in your diaries as the Diocese gathers at the Mother Church to celebrate together.

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## **St John the Evangelist, Moray Street, Wick**

A family service will be held on the fourth Sunday of the month, beginning in July. These will be held at 5pm. The service in August will be themed around 'A Teddy Bear's Picnic.' The service in September will celebrate the harvest. Additionally on 1<sup>st</sup> Sep, there will be a Pet Service at 2pm, also at St John's.

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## **St Columba's Church, Grantown on Spey**

Every Wednesday in July, August and September - church open from 12.30 - 4 pm, short service at 12.30pm.

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## **St John's, Forres**

28 September 10.00 Consultation on Child Poverty

29 September 10.00 Harvest Festival Eucharist

29 September 18.00 Harvest Festival Choral Evensong

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## **St Peter & the Holy Rood**

Evensong on the first Sunday of the month at 4:30pm

All other news can be found at [northernepiscopalians.wordpress.com](http://northernepiscopalians.wordpress.com)

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## **St John the Evangelist, Wick**

22nd September - 4 pm - Harvest Family Service with Harvest Supper to follow.

All other news can be found at [northernepiscopalians.wordpress.com](http://northernepiscopalians.wordpress.com)

On Sunday 21<sup>st</sup> July +Mark presented Judith with her medal of office as a server and she was admitted to the Scottish Guild of Servers. Alan Finch was licensed as Lay Reader by +Mark and presented with his Licence.



*Neil Thompson-Judith Crow-Most Revd Bishop Mark-Alan Finch-Ellie Charman*

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### **St Paul's Church, Strathnairn**

150<sup>th</sup> Anniversary Service – Sunday 8<sup>th</sup> September at 11am with Bishop Mark and followed by lunch in the hall.

Harvest Thanksgiving Service – Sunday 29<sup>th</sup> September at 11am with guest speaker Lorna Dempster from Blythswood Foodbank Co-ordinator and followed by lunch in the hall.

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### **St Columba's Church, Brora**

Service of Rededication - Saturday 28<sup>th</sup> September at 3pm. The service will be followed by refreshments and marks the re-opening of the church for regular worship, after refurbishment following the fire which temporarily closed it in December 2016.

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### **St. Donnan's Church, Nostie**

Annual Harvest Festival on Sunday, 8th September 2019, with our Morning Service starting at 10.30 a.m. There will be a Christian Aid presentation, followed by communion with our visiting Minister Jane Whittell. Collection during the service will be for Christian Aid, and any food items to be presented will go to our local Foodbank in Kyle of Lochalsh. The service will be followed by a Harvest lunch. All ages welcome!

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### **The Crask Inn**

1<sup>st</sup> Sat of month service at 5pm. A buffet and music evening is available following the service at £15 / head.

Monthly service 3<sup>rd</sup> Thurs of the month at 12 noon followed by a shared lunch.  
*Reflection space at the Inn now available.*

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## **St Michael & All Angels, Abban Street, Inverness and St John the Evangelist, Southside Road, Inverness**

Please contact Canon John Cuthbert on 01463 233797 or [john2cuthbert@gmail.com](mailto:john2cuthbert@gmail.com), or see our websites more details

[www.stmichaelschurcheinverness.org](http://www.stmichaelschurcheinverness.org) and [www.stjohnschurcheinverness.org](http://www.stjohnschurcheinverness.org)

### **SERVICES in SEPTEMBER**

Sundays (except Sunday 29<sup>th</sup>)

9.45am Family Mass at St Michael's

11.15am Family Eucharist at St John's

Sunday 29<sup>th</sup> September

9.45am Family Eucharist at St John's

11.15am Festal Mass for St Michael & All Angels see below

Sunday 8<sup>th</sup> September 6.30pm Contemplative Evening Praise at St John's

Sunday 15<sup>th</sup> September 6.30pm Scottish Liturgy Communion at St Michael's

Sunday 29<sup>th</sup> September 7.00pm Compline & Benediction at St Michael's

Tuesdays 10.00am Low Mass at St Michael's

Wednesdays 11.00am Holy Communion (1970 Liturgy) at St John's

### **ST MICHAEL & ALL ANGELS PATRONAL FESTIVAL**

Sunday 29<sup>th</sup> September 11.15am Festal Mass

Guest Preacher: The Very Revd Jim Mein, former Dean of the Diocese of Edinburgh

Followed by lunch in the Hall

### **HARVEST FESTIVAL SERVICES**

Sunday 22<sup>nd</sup> September 11.15am at St John's followed by lunch in the Hall.

Sunday 6<sup>th</sup> October 11.15am at St Michael's followed by lunch in the Hall

### **SOCIAL and FUND-RAISING EVENTS**

SATURDAY 31<sup>st</sup> August 10.00am-4.00pm Doors Open Day at St Michael's and St John's

SATURDAY 31<sup>st</sup> August 12.00noon-1.30pm Soup & Pudding Lunch in St John's Hall

TUESDAY 24<sup>th</sup> September 2.30-4.00pm Knitting Together in St Michael's Hall

SATURDAY 28<sup>th</sup> September 10.00am Eight Bridges sponsored walk

FRIDAY 11<sup>th</sup> October 7.00pm Games Night in St John's Hall

FRIDAY 25<sup>th</sup> October 7.00pm Lasagne Supper & entertainment in St Michael's Hall



## SUMMER EVENTS at ST JOHN'S and ST MICHAEL'S

Both St Michael's and St John's have had a busy summer.

St John's has been open several times a week, with members of the congregation to welcome visitors, both local and from across the world. St Michael's has continued being open on most weekdays. Visitors have enjoyed the beauty of the churches and the opportunity for a quiet moment, a prayer and to light a candle as they wish.

St John's held a Soup & Pudding lunch at the beginning of July and their annual Strawberry Tea later in the month.

Members of both congregations enjoyed a barbecue and games in the Rectory garden at St Michael's.



St Michael's had their Summer Fling in August and Martha Hayward and Matthew Lazenby made a return visit to the church to give a concert of songs and organ music.



A small group of members from both congregations enjoyed a slightly damp walk at Evanton in July and a larger group joined us for a warmer stroll along the Caledonian Canal to Dochgarroch (and back for some) in August.

**ST MICHAEL'S AUTUMN LECTURES**  
**SEARCHING FOR SUNDAY:**

**Explorations of Christian Faith and Doubt  
for Today's World**

**Dr Brian Marshall**

A series of four talks and discussions based around Rachel Held Evans' book  
*Searching for Sunday: loving, leaving and finding the Church*

|                                     |                                               |
|-------------------------------------|-----------------------------------------------|
| Wednesday 23 <sup>rd</sup> October  | Baptism and Confession                        |
| Wednesday 30 <sup>th</sup> October  | Holy Orders and Communion                     |
| Wednesday 6 <sup>th</sup> November  | Confirmation and Anointing the Sick           |
| Wednesday 13 <sup>th</sup> November | Marriage, the Body of Christ, and the Kingdom |

8.00pm in St Michael's Church

Before retiring to the Highlands, Dr Marshall spent 30 plus years teaching  
Christian Theology in Leeds and Oxford.

**COMING SOON...**

**MONTHLY BOOK GROUPS**

Starting Tuesday 8<sup>th</sup> October at 11.45am in St Michael's Rectory,  
discussion and soup lunch

or:

Friday 11<sup>th</sup> October 2.30pm in St Michael's Rectory (no soup ☹)

First book: *Being Disciples* Rowan Williams

# **St Columba's Episcopal Church Brora Service of Rededication**



**3.00pm on Saturday 28<sup>th</sup> September**

The service will be followed by refreshments and marks the re-opening of the church for regular worship, after refurbishment following the fire which temporarily closed it in December 2016.



Priest-in-Charge Rev J Currall 01862 881737  
SC023271





The Diocese of Moray, Ross and Caithness

## **St. Boniface Regional Synod**

**Saturday 28<sup>th</sup> September 2019**

at

**Golspie Primary School**

**All are welcome**

Eucharist, **10.30 am in Golspie Primary School, Back Road, Golspie**, followed by coffee and business meeting. Main Diocesan Agenda item will be the Budget. After a period for lunch, sharing and fellowship, there will be a service of rededication at St Columba's Brora (5 miles) starting at 3:00 pm.

*Please speak with your clergy or lay representative for more details, or to let them know that you would like to attend.*



# Sacred Music Workshop

for amateur singers and instrumentalists with  
- **D James Ross** -



**Would you like to play and/or sing Sacred Music  
with other enthusiasts?**

We are delighted to announce an exciting new workshop for those of you who love Sacred Music. Each session we plan to sample a wide range of sacred music, including early choral music and perhaps more modern sacred material, so basic music-reading ability will be necessary. We will send the music out to you each time in advance as a PDF e-mail attachment to print, so you will get a chance to try it through in advance.

The monthly workshops are on Saturday afternoons 2 - 4pm in Inverness Cathedral and cost £10 per session, payable on the day.

◆ *Dates and full registration details overleaf* ◆

*Apply now - and make sure you tell your friends!*



# Sacred Music Workshop

To register, please e-mail [suelightman@gmail.com](mailto:suelightman@gmail.com) with

◆ your name ◆

◆ if you sing : are you a soprano, alto, tenor or bass? ◆

◆ if you play : which instrument(s)\* do you plan to play? ◆

*\* [If you play a transposing instrument (e.g. Bb clarinet, horn in F), you will need to transpose your music yourself into a suitable key.]*

## 2019 Dates

Saturday 19th January

Saturday 16th February

Saturday 16th March

Saturday 20th April

Saturday 4th May

Saturday 22nd June

Saturday 21st September

Saturday 19th October

Saturday 23rd November

Saturday 14th December

**D James Ross** has conducted a number of workshops in singing Early Scottish Music as well as in performing instrumental music from the Renaissance. He plays a large variety of Renaissance and Baroque woodwind instruments, including recorders, whistles, early bagpipes and early clarinets and is founder director of the early instrument consort **Coronach**, which performs the instrumental music of Renaissance Scotland and Europe. He performs early and traditional music with the harpist Bill Taylor in the duo **The Art of Mysiek**, and in 2012 he formed **The Marvel of Peru**, devoted to the authentic performance of Scottish and English Baroque chamber music. He also directs the early music choir, **Musiek Fyne**, who since 1980 have specialised in the performance of unaccompanied choral music from the Renaissance.

Since retiring from teaching English, he plays music regularly for **Sounds Familiar**, a singing group for people with dementia and their carers, and performs popular classics with accordionist Robert Wallace in the duo **Accordion Too**, as well as conducting **The Skibo Strings**, an ensemble incorporating some of the best string players in the Highlands. In 2017 he was appointed a Member of the Order of the British Empire for services to Scottish Renaissance and Baroque music.

*Apply now - and make sure you tell your friends!*

## ***Immerse***

I would like to begin with a brief introduction of myself before discussing Immerse in the diocese. My name is Eric Beck. I have a doctorate in Early Christianity, and, more importantly, I am the new point person for education and training initiatives in the diocese, such as CMD. My email address is [eric.beck@invernesscathedral.org](mailto:eric.beck@invernesscathedral.org). Please do not hesitate to contact me with ideas, questions, or requests about anything involving education and/or training in the diocese. While I certainly won't be able to answer all your questions, I will do everything within my power to find someone who can or at least a resource or two that may help.

Recently, some congregants in the diocese have expressed a desire for a way to improve their Bible reading. We all know that the Bible is not an easy thing to read through, but there are ways to help make it a bit more enjoyable. One such way is through a Bible reading experience called Immerse. Immerse is a 6 volume reading Bible that removes chapters, verses, section divisions, etc., displays the text in a single column, and formats everything according to its genre. Narratives will look and read like a story, and poems will look and read like poetry. Immerse uses the New Living Translation, which is a translation that is wonderfully easy to read without go so far as paraphrasing the text like The Message. While this translation may not be ideal for an in-depth study of the text, it is one of the best available for those who want to simply read and experience the Bible.

The Immerse experience is designed to run in 8 week long book clubs twice a year, which means that in three years people will have read the entire Bible and be ready to start the cycle over. The reading time is setup in bite sized chunks of 5 days a week and average 20–30 minutes per day. It is also important to emphasise that when people get together to talk about the week's reading that it is a book club and not a Bible study. It is meant to be freeform with discussion starting by simply asking, "What stood out to you this week?" This also means that anyone can facilitate an Immerse group, so it need not be run by the clergy or other theologically trained individuals. The point is to simply read and experience the Bible in community. If you would like to see even more about Immerse, including audio and video aids, various guides, and the specific reading plan, go to [immersebible.com](http://immersebible.com). There are even ebook versions and a full, free audio Bible available for download and on the website for those who might find that easier.

Following a discussion today with the incumbents, it was decided that we would aim to start running Immerse book clubs in the diocese from the beginning of next year. However, we cannot do this without your help. We would, therefore, love if you would join us in this endeavour. You may want to actually lead or participate in a book club yourself, but at the very least we ask that you let your congregations, friends, and families know about this initiative. Remember, anyone can facilitate a book club, and it will be possible to Skype people in who might have difficulty traveling to their nearest group. The diocese has made an initial purchase of 20 copies of volume I of the Immerse Bible to be distributed free of charge in order to show clergy and those interested in leading groups. As you gather interest, please let us know possible numbers and dates your groups would like to start so that we can place another order. The final cost of the books will depend upon the number of participants, but it will not exceed £15. This is a wonderful, fresh opportunity to experience the Bible in addition to the lectionary. Will you join with us?

*Eric Beck*

## **CLERGY CMD & IME 4-6 OPPORTUNITIES**

**'Values-Based Reflective Practice' (or VBRP)** is an exciting new way of gathering groups of caring professionals together, in order to share aspects of their practice, reflect on these in a value-based way, and learn and grow as practitioners. A safe and bounded space is created and held where such reflection can take place in a 'no blame, no shame' environment. Two sets of tools (the first, a tool of observation; the second, areas of practice to be observed) are used in combination with a clear process, which delivers insight, learning outcomes and improved practice for the group.

An opportunity has been created for clergy and students (for IME 4-6 this is part of the IME curriculum) from the diocese to take part in the first two days of VBRP training, called 'Essential Tools Training'. One of three current national VBRP trainers will deliver this training to a group of about 14 practitioners from the diocese, on September 20<sup>th</sup> & 27<sup>th</sup> 2019 starting at 9.30 am for coffee with a 10am prompt start. Each day will finish at 4pm. It is a two day training event. Fully funded and lunch provided!

Further information about VBRP can be found here: <http://www.knowledge.scot.nhs.uk/vbrp.aspx>

If you are interested in a place on this training, please contact the Very Rev Sarah Murray, Provost on [provost@invernesscathedral.org](mailto:provost@invernesscathedral.org)



## **DATES FOR DIOCESAN EVENTS**

### **Regional Synod Dates for 2019**

St. Gilbert - 28<sup>th</sup> September

St. Columba's - 5<sup>th</sup> October

St. Drostan's – 9<sup>th</sup> November

Diocesan Mission Conference 2020 - more details to follow in due course!



# *Gin Tasting*

Scottish Charity Number (SC015830)

*A chance to learn about 5 different Gins  
how to serve them  
along with a perfect canapé accompaniment*

**Old Boys' School, Inverness Cathedral  
14th September 2019 @ 19.30  
Including Gin Raffle**

**£18.00 per head  
£16.50 Friends of the Cathedral  
Over 18's Only**



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